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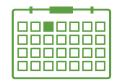


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You might be surprised that these Hollywood party types don't drink. 12

# MALKOUT MEDNESDAY

Students across the nation will walk out of their classrooms today to honor the 17 people killed in the Parkland school shooting one month ago. 4

# WELCOME TO METRO.US

NIKKI M. MASCALI, REPORTER

"Be the change you wish to see in the world" may be a misquote, but I kept thinking of the phrase while working on today's cover story. That the students involved in the national walkouts to demand qun control know, at their age, about qun lob-

bies, the NRA's influence and the ever-present threat of a school shooting saddens me, but it also gives me hope for the wave of change that will come from this and other protests because they, unlike the generations before them, will not stand for change not happening. Read more on page 4 and check out metro.us for further coverage.

#### NEW CIA PICK DOGGED BY ROLE IN SECRET PRISON

Gina Haspel, the veteran CIA undercover officer President Donald Trump picked on Tuesday to head the agency, is supported by many in the intelligence community but has faced criticism for overseeing a secret CIA prison in Thailand where detainees were tortured. Intelligence officers who served with her and congressional officials said that in 2002, during Republican President George W. Bush's administration, she was

responsible for the secret prison codenamed "Cat's Eye." Two suspected members of the al Qaeda militant group were subjected to waterboarding and other harsh interrogation techniques at the facility. Three years later, she allegelly carried out an order to destroy videotapes of the waterboarding, which simulates drowning and is considered a form of torture.

For more on Trump's recent Cabinet shake-up, see page 7.

#### TRUMP SAYS RUSSIA MUST ANSWER FOR UK ATTACK

President Donald Trump agreed with British Prime Minister Theresa May that Russia must provide "unambiguous answers" about how a Russian-developed chemical agent came to be used against a Russian double agent in Britain, the White House said on Tuesday. "President Trump agreed with Prime Minister May that the government of the Russian Federation must provide unambiquous answers regarding

how this chemical weapon, developed in Russia, came to be used in the United Kingdom," the White House said in a brief statement on the call. A Russian chemist who helped develop the Soviet-era nerve agent used to poison the former Russian double agent said only the Russian government could have carried out the attack. Vil Mirzayanov, 83, said he had no doubt that Russian President Vladimir Putin was responsible.



#### PORN STAR'S 'HUSH MONEY' OFFER IGNORED

A lawyer for President Donald Trump ignored a suggested Tuesday deadline on an adult-film star's offer to return \$130,000 in hush money so that she can speak freely about an alleged affair with Trump, her attorney said. In a letter to Trump lawyer Michael Cohen on Monday, actress Stephanie Clifford, who uses the stage name Stormy Daniels, offered to return \$130,000 so she could be released from a non-

disclosure agreement she signed in October 2016. Clifford's attorney, Michael Avenatti, said Cohen had not responded to the offer by Clifford's proposed deadline of noon on Tuesday. "The president and Mr. Cohen have purposely ignored our settlement offer, thus doubling down on their efforts to muzzle Ms. Clifford and prevent her from telling the American people what happened," Avenatti tweeted. "Time to buckle up."

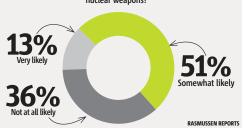
#### US SUES NYC SUBWAY OVER DISABLED ACCESS

The U.S. government on Tuesday sued the agencies that run New York City's subway, claiming they failed to make a Bronx station accessible to disabled people despite an expensive renovation. By intervening in a 2016 lawsuit brought by disability rights advocates against the MTA and New York City Transit Authority (NYCTA), the Department of Justice added firepower to a case that could help spur broader

changes to the aging subway. The agencies were accused of violating the Americans with Disabilities Act by spending more than \$27 million to renovate the Middletown Road station on the No. 6 line in Pelham Bay, without installing an elevator so disabled people could use it. "There is no justification for public entities to ignore the requirements of the ADA 28 years after its passage," U.S. Attorney Geoffrey Berman said

#### **NORTH KOREA**

President Trump has agreed to meet with North Korean dictator Kim Jong Un, the first time a U.S. president has ever met with the leader of the rogue communist regime. How likely is it that this meeting will result in a slowing or stopping of North Korea's development of nuclear weapons?





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# **NYC** students walk out of schools to demand gun control

"We can stand in support and fight against this issue that, frankly, adults haven't been able to solve yet," said Maria Milekhina of Hunter College High School.



Today, one month after 17 people were fatally shot at Marjory Stoneman Douglas High School in Parkland, Florida, students across the country will take part in a National School Walkout for 17 minutes at 10 a.m. to remember those victims and tell lawmakers they've had enough in-

action regarding school safety and gun control.

Maria Milekhina of Hunter College High School on East 94th Street, like students across the nation, has been inspired by the Parkland survivors, who immediately began protesting and taking on lawmakers and the NRA to demand change.

"They took this horrible, horrible thing that happened to them and turned it into this force of nature," the 17-year-old said. "We can stand in support and fight against this issue that, frankly, adults haven't been able to solve yet. We're the next generation, and it's an issue that we've been accustomed to all our lives - it's scary how we can get desensitized on a daily basis.'

Milekhina is an organizer of Hunter's walkout, which includes a reading of the Parkland victims names and forums to discuss the walkout and future actions.

"We are going to focus on writing letters to politicians and corporations that have yet to divest from the NRA," she said. "We're protesting these laws that allow gun violence to run rampant in our country and the cor-



Brooklyn Borough President Eric Adams, seen here at the emergency gun violence meeting he called after the Parkland shooting, will hold a post-walkout rally to give students resources to enact change, ERICA SHERMAN/BROOKLYN BP'S OFFICE

ity School on West 91st students round the school and hold hands to show us

"march outside to sur-

but the walkout is her first time being among the organizers of a protest.

"|The Parkland students | are very similar to me and similar to kids everywhere," she said. "This shooting and the scale of it had all us kids finally standing up to say, 'Enough.'"

Brooklyn Borough President Eric Adams will hold a rally at the Prospect Park Bandshell from 2 to 5 p.m. in conjunction with the morning's walkouts to give students resources to enact change, such as navigating the legislative

process and lobbying their congressmember.

"Being angry is only part of the game. The biggest part of the game is turning that anger into action," he told Metro. "We are seeing the energy of young people that I believe we have not seen since the civil rights movement.'

In a letter to city parents, the Department of Education said it supports students exercising their First Amendment rights by walking out, but "regular classroom schedules will continue as usual.'

# "We are seeing the energy of young people that I believe we have not seen since the civil rights movement."

Eric Adams, Brooklyn borough president

porate involvement with the NRA that's bolstering and supporting the gun

Across town at Trin-

protecting the school and ourselves," said Naomi Doron.

Doron, 14, attended the Women's Marches,



5

# Ex-Cuomo aide Percoco found guilty of taking bribes

Andrew Cuomo was found guilty by a Manhattan jury on Tuesday of agreeing to take bribes from executives at two companies seeking to do business with the state, federal prosecutors said.

The verdict against Joseph Percoco is the highest-profile federal corruption conviction in New York since the 2015 convictions of two former state legislators, which were later overturned.

Percoco's lawyer could not immediately be reached for comment.

Cuomo, a Democrat who is up for re-election this year, has not been charged with wrongdo-

Percoco was indicted on bribery and conspiracy charges in November 2016. Prosecutors said he took bribes from Peter Galbraith Kelly, an executive at the energy company Competitive Power Ventures, and from Steven Aiello and Joseph



Joseph Percoco was found guilty after being indicted in 2016, GETTY IMAGES

Gerardi, founders of the real estate company Cor Development.

The three executives were on trial alongside Percoco. Aiello was found guilty on Tuesday of one count of conspiracy, while Gerardi was acquitted of all charges, Dawn Dearden, a spokeswoman for the prosecutors, said. The jury said it was deadlocked on charges against Kelly. Lawyers for Aiello, Gerardi and Kelly could not immediately be reached.

Prosecutors have said Kelly bribed Percoco by giving his wife, Lisa Percoco, a mostly no-show job that paid \$90,000 a year for three years in an ultimately unsuccessful effort to win favorable treatment from state officials for two power plant projects.

The nearly six-week trial took an unexpected turn in early February when the prosecutors star witness, former Cuomo aide Todd Howe, was arrested after admitting on the witness stand that he had violated his cooperation agreement.

The Percoco case is one of a series of high-profile corruption prosecutions launched by former U.S. Attorney Preet Bharara. Assembly Speaker Sheldon Silver and former state Senate leader Dean Skelos were convicted of taking bribes in 2015, but their convictions were overturned by the U.S. Court of Appeals for the 2nd Circuit. REUTERS



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# East River helicopter crash raises new questions about doors-off flight tours

"It's like allowing someone to walk on the wing of an airplane, and in my judgment poses too much of a risk," said aviation lawyer Gary Robb.



The doors-off photo flight industry is finding itself under scrutiny following the East River helicopter crash that killed five passengers on Sunday.

The victims — Trevor Cadigan and Brian McDaniel of Dallas, Carla Vallejos Blanco of Argentina and Daniel Thompson and Tristan Hill, employees of the helicopter company — were on a private chartered sightseeing flight above Manhattan

when pilot Richard Vance of Connecticut issued an engine failure mayday call moments before the chopper crashed into the East River.

The helicopter tipped over and submerged into the frigid waters despite National Transportation Safety Board investigators saying the aircraft's flotation devices properly inflated, trapping the five passengers who were secured by the safety harnesses that would enable them to lean out of the aircraft to take photos of the skyline.

City as well as Miami, Las Vegas, Los Angeles and other cities. Sunday's private flight was booked through FlyNYON, and the chopper was owned by Liberty Helicopters, which has now had three crashes in 11 years.

"It's not regulated, and it should not be allowed," aviation lawyer Gary Robb told The New York Times about open-door flights. "It's like allowing someone to walk on the wing of an airplane, and in my judgment poses too much of a risk."

The NTSB said Monday

# "It's not regulated, and it should not be allowed."

Aviation lawyer Gary Robb

Once mainly patronized by photographers, such flights have grown increasingly popular with tourists here in New York that it is legal for the chopper to have its doors open.

The Times reported that passengers on the fatal flight were shown a



The helicopter tour industry is receiving new scrutiny after Sunday's East River helicopter crash. GETTY IMAGES

10-minute video before takeoff that indicated there was a knife attached to their harnesses in the event they were trapped in their seats, but were not shown how to cut through the straps should they land in water.

Vance was able to free himself and was rescued by a tugboat that was returning to its Staten Island base when it responded to the pilot's mayday call. The vessel tied the helicopter to keep it from sinking to the bottom.

Vance spoke with investigators after the crash and will be interviewed by the NTSB. Both FlynYON and Liberty Helicopters said they would cooperate with federal investigations into the crash.

"NY on Air is terribly saddened to acknowledge that its customers were passengers on the Liberty Helicopters flight that went down in the East River last night," FlyNYON wrote Monday on Instagram, where many of its passengers post "shoe selfies" above the cities where the company runs flight tours. "We extend our deepest sympathies to the family members and loved ones of those involved in this tragic event."



# Do you suffer from DEPRESSION?

Are you on treatment, but still experiencing symptoms?

Consider a new option available in depression treatment. If you are currently on an antidepressant and still experiencing depression symptoms, you may qualify for a clinical research study enrolling in your area.

#### To participate, you must be:

- Between 18 and 65 years old
- · Diagnosed with Major Depressive Disorder
- Still experiencing symptoms

#### Qualified participants will receive at no cost:

- Investigational study medication
- Study Related Lab tests
- Study Related Exams

Compensation for time and travel may be available.



## Trump fires top diplomat Rex Tillerson after clashes, taps ex-CIA head Pompeo

President Donald Trump fired Secretary of State Rex Tillerson on Tuesday after a series of public rifts over policy on North Korea, Russia and Iran, replacing his chief diplomat with loyalist CIA Director Mike Pompeo.

The biggest shakeup of Trump's Cabinet since he took office in January 2017 was announced by the president on Twitter as his administration works toward a meeting with the leader of North Korea.

Some foreign policy experts criticized the decision to swap out top diplomats so soon before the unprecedented meeting and worried that Pompeo would encourage Trump to scrap the Iran nuclear deal and be hawkish on North Korea. Trump chose the CIA's deputy director, Gina Haspel, to replace Pompeo at the intelligence agency. She is a veteran CIA clandestine officer backed by many

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Over time, many lawmakers grew to appreciate Tillerson as a relatively steady hand in the chaotic Trump administration. GETTY IMAGES

in the U.S. intelligence community but regarded warily by some in Congress for her involvement in the agency's "black site" detention facilities.

Tillerson's departure capped months of friction between the president and the 65-year-old former Exxon Mobil chief executive. The tensions peaked last fall amid reports Tillerson had called Trump a "moron" and considered resigning.

"We got along actually quite well but we disagreed on things," Trump said on the White House lawn on Tuesday. "When you look at the Iran deal: I think it's terrible, I guess

little bit differently.' Pompeo, a former Army officer who represented a Kansas district in Congress before taking the CIA job, is seen as a

he thinks it was OK. I

wanted to break it or do

something and he felt a

Trump loyalist who has enjoyed a less hostile relationship with career spies than Tillerson had with career diplomats.

White House officials said Trump wanted his new team in place before a summit with Kim Jong Un, who invited the U.S. president to meet by May.

Tillerson's imminent departure had been rumored for several months, and Trump said he and Tillerson had discussed the move for a long time. But Steve Goldstein, a State Department undersecretary of state for public affairs, said Tillerson did not know why he was being pushed out and had intended to stay.

Goldstein was fired later on Tuesday, two U.S. officials told Reuters.

Many Democrats in Congress expressed dismay at the firing, which they said would sow more instability in the Trump administration at a crucial time. REUTERS

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# Why Are Chronic Neck And Bac Newest Treatments Bef

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Fraction of the cost, less medical risk, no addictive drugs, little to no downtime Hundreds of worst pain sufferers from tri-state area calling j

NYC Pain MD is a clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

## Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get further into this:

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of

their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

#### Radiofrequency Neurotomy:

"Radiofrequncy Neurotomy" is often referred to as RF for short.

#### Just what is "RF"?

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced medical imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

# What Results Can You Expect?

Like all real medical procedures... results vary for individual patients.

No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

## How Long Do The Results Last?

This procedure "impairs" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" ... it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again? able to finally get a goodnight's sleep again? How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

#### Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and *is not surgical*.

## Who Should Try This Treatment?

RF should be considered after other treatments, such as anti -

inflammatory pain medication and physical therapy do not offer good enough results.

# RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

#### What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

## Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers.

All the NYC Pain MD treatments can be done in our in-office procedure suites saving you stress, time and dollars.

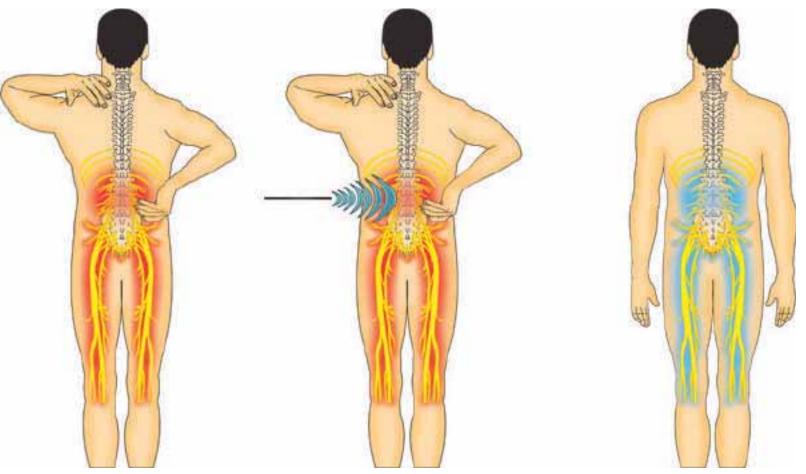
NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

# ck Pain Victims Choosing These fore Drugs or Surgery?

ifficult Cases Finally Have Options

and often covered by insurance amongst top reasons for high patient demand... for No-cost screening to find out if they qualify for treatment

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Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

#### **Your Invitation**

NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the edge treatments offered at NYC Pain MD. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

There are limited openings for these screenings and they fill up fast every month. If you do not call in time to get one this month, the

expert will schedule you for next month. This screening is at no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and even traditional medicare.

Call 877-503-8540 for your free screening and find out if you can get out of pain today.



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# Everything you need to know about the first potential Muslim woman in Congress

Meet Fayrouz Saad.



Fayrouz Saad, a "proud progressive," announced her candidacy in July 2017, and if she's elected into the seat for Michigan's 11th District — now filled by Republican Dave Trott — she'll be making history as the first Muslim congresswoman.

#### Fayrouz Saad is a daughter of immigrants

Her parents came to the U.S. from Lebanon over 40 years ago and started a small meat wholesale business in Detroit's Eastern Market.

Saad worked under the Obama administration Saad graduated from the University of Michigan and started her political



Saad, a "proud progressive," announced her candidacy in July 2017. ANDREW JAMESON / CREATIVE COMMONS

career as a field organizer for John Kerry's presidential campaign where she also conducted Arab-American outreach. She worked in local politics until she was appointed by President Obama to serve in the Department of Homeland Security.

#### Fayrouz Saad wants you to ask questions about her identity

"I can help inform things in a way that others won't be able to," Saad said of her experience as a woman, minority and Muslim. "We need to send more people to Washington who bring diverse opinions, who come from diverse backgrounds."

Fayrouz Saad is running because of Trump
"My parents came here simply in search of the American Dream," Saad told Refinery29.
"I always thought that I would eventually run for office, but Donald Trump certainly sped up my timeline because for the first time in my entire life I see that American Dream threatened."

In terms of whether or not running to make history as the first Muslim woman in Congress intimidates her, Saad says, "It inspires me, and I'm certainly up for the challenge."





11

#### Meet plogging, the perfect fitness trend for city dwellers

The term "plogging" may sound a little strange like prancercise — but it's actually a fitness trend that'll get you in shape and help save the planet.

Plogging is the combination of the words "jogging" and "plocka Swedish for "pick up," Swedish for "pick up." Basically, it means pick up litter while you're running outdoors, giving you the perfect trifecta: You're helping the environment while improving your physical and mental fitness at the same time.

It's probably no surprise that the trend began in Sweden, but a look at the #plogging hashtag on Instagram shows that it's quickly growing in popularity around the world, with posts from ploggers in Spain, India, Malaysia, Turkey, Portugal and more.

But it hasn't quite picked up steam in the United States yet, at least until now.

"Here's a workout that's good for you and



'Plogging" is the combination of the words "jogging" and "plocka up," Swedish for "pick up." GETTY IMAGES

the planet," blogger Rose McAvoy captioned on a recent Instagram post. We found a bag lying on the ground then filled it with trash on the walk home from school. This was all in 21/2 blocks!"

She goes on to highlight another huge benefit to plogging.

"A cluttered environment impacts our stress and anxiety levels. Taking a few extra minutes to tidy up (inside or out) can make the entire day calmer," she added. "Bump the burn by adding squats or lunges to your liter [sic]

collecting."

She's right: Unlike jogging, plogging requires you to be nimble and stop at a moment's notice to pick up garbage, mimick-ing butt- and leg-building movements like squats and lunges.

"Similar to interval training, plogging combines a quick running step for short periods with focused lunges and squats," Swedish nutritionist Frida Harju-Westman told PureWow. "Interval training boosts endurance and burns more calories during and after a workout than normal running, improving fitness and fat burning for best results."

And doing good for others — or the environment - is linked to lower blood pressure and decreased mortality rates. Another study showed that older adults who volunteered experienced less memory loss and greater physical mobility. MEAGAN MORRIS



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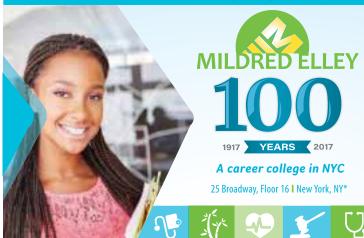


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# Sober celebrities? Yeah, there are a few!

These super famous folks avoid the good stuff — for a variety of reasons. METRO

It may be a way for them to keep their slamming bods. Or something they struggle with, after prior overindulgences. On this hungover hump day we thought we'd look to the red carpet for inspiration to keep clean (at least until spring).

ALL PHOTOS GETTY IMAGES



#### Kim Kardashian

Sure, Kardashian might shill booze on her Instagram, but in real life she stays well away from the hard stuff. "I do not drink alcohol at all," she told People. "My sisters drink, so when they get a little crazy, I am there to pull them down."

#### **Eva Mendes**

Ryan Gosling's better half reportedly entered rehab in 2008 — and has been sober ever since. "I'm proud of people who have the determination and the fearlessness to actually go and face their demons and get better," she told Interview. "This is a life-or-death situation."



#### Gillian Jacobs

The "Love" star once revealed on "Jimmy Kimmel Live" that she had never had a drink in her life — and she doesn't plan to, either. "Maybe I just have more edge on screen?" she quipped with The Guardian. "My friends find it funny. They're like: 'Why do they want you for that?'"

#### **Brad Pitt**

Remember when Angelina's ex waxed poetic about getting sober and discovering Frank Ocean? "I stopped everything except boozing when I started my family. But even this last year, you know — things I wasn't dealing with. I was boozing too much. It's just become a problem." Godspeed, Brad. A bachelor pad littered with empty bottles is not a good look for a single dad on Child Army Visitation Day.



#### **Bradley Cooper**

The "American Sniper" actor gave up drinking and drugs when he was 29. "I don't drink or do drugs at all anymore," he told the Hollywood Reporter in 2012. "Being sober helps a great deal."



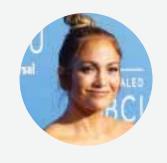


Blake Lively

Lively has never been a drinker. Instead she prefers blissing out on her picturesque, Instagram-worthy lifestyle. "I don't drink. I've never tried a drug," she told Allure in 2012. "It's not like I decided on these strict lifestyle choices and I'm enforcing them. It's just something that I genuinely don't have a desire for."

#### Jennifer Lopez

The multi-hyphenate celeb told InStyle in 2003 that she stays away from drinking and smoking because "I think that ruins your skin." Fair enough! She looks great.





Sarah Silverman

When it comes to booze, Silverman's guts just can't take it. "I don't drink because it gives me a stomachache," the comedian explained at the 2014 Emmys. "I try all the time — it looks good and I feel like I would have fun being drunk, but I have a Jewish stomach."



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# **Evan Rachel Wood** brings her own #MeToo moment to 'Allure'



The actress talks about her past and why this film is so timely.



Evan Rachel Wood stars as Laura, a sexual abuse survivor that continues the cycle by kidnapping teenaged Eva (Julia Sarah Stone), in "Allure."

It would be easy to showcase Laura as a villain, but the character's approached from a non-judgmental, sympathetic stance, while still showcasing her despicable antics in an honest, unsettling manner.

That's exactly why Wood found herself so attracted to the film, especially because she's the victim of sexual abuse herself.

Metro had the chance to speak with her candidly about how close to home this film really is.

#### How did you get involved?

I didn't want to do another project. After "Westworld," I needed a break. But this was a subject that I could relate to and understand. I appreciated how honest it was. Because this kind of abuse is hard to understand if you haven't experienced it, had no power, no control, or felt paralyzed or trapped. This deals with abuse disguised as love.

Your character seems trapped in herself. She really thinks she's helping. There are moments where we see her

hate herself for what she's doing. I appreciated the way it showed the lasting effects of abuse, and how it can develop into really serious mental

I felt strong enough in my own journey that I was able to recognize these qualities; because of my own past I did huge research on trauma, disassociation, PTSD and mental illness. But I really wanted to make sure the film showed that it's so hard to leave these abusive situations.

#### It must have been difficult.

I didn't find it easy to play the villain at all - I hated doing those scenes. I knew it was controlled, but I still had to go to these places of anger and violence that were so unnatural to me. I've spent so much time trying not to be angry.

I repeatedly cried on set. I was hyperaware of protecting [my co-star], so I'd talk her through the scenes, and we would watch the playback and sometimes we even changed the staging.

#### Is now the right time for "Allure"?

This is the perfect time for it. It's a testament to what we've done that people know it isn't just about a lesbian romance, which would usually

get all of the attention and focus. But I think we've done our job right, because people want to talk about the psychology behind the abuse. "Allure" is in cinemas on March 16.

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# Get you a Sugar Momma

FiDi's new hidden bar is the boss bitch answer for drinks in the bro-heavy 'hood.



FVA KIS

You'll have to be in the know to find the Financial District's new "secret" cocktail bar.

Cleverly disguised as the sunny Hole in the Wall coffee bar by day, beginning March 15 the cafe will turn into Sugar Momma by night — an intimate cocktail bar (capacity is just 40 people) lit up in red with a playful Australian sensibility.

"The name 'Sugar Momma' comes from a concept that we created for our restaurant," explains owner Barry Dry. "Sugar Momma pays homage to the countless 'boss' women who ignore gender norms in a traditionally male-dominant sector of the city. We don't know her age, her job title, what she looks like or who she hangs out with. All we know is she's incredibly smart, witty, generous, wealthy and always up for a good time."

There's no signage outside 15 Cliff St., so like any hangout for affluent in-the-know types, you'll have to know it's there. Guests are greeted by a red neon "Hello Gorgeous" sign, and Dry pur-

The cocktails have Aussie flair, too.

posely chose materials like concrete, copper and wood that "differ completely when the lights are dimmed" so you don't feel like you're trying to party in a cafe.

Dry is from Perth and advertised in Australia for the two men who would lead Sugar Momma. Executive chef Brent Hudson's Aussie-leaning menu includes crispy pork with soy caramel, shrimp and crab crackers with avocado puree.

Mixologist Ryan Byrnes has created 11 signature cocktails Momma's Martini (vodka, passion fruit, raspberries, prosecco — guess Cosmopolitans are officially passe?)

The music, however, is all local. Dry is a devotee of '90s hip-hop. "It was an evolving time in mupredominantly created in New York City," he says. "We like the idea of keeping that cool New York feel whilst delivering more eclectic

Sugar Momma is open 6-11:30 p.m. Tues-Sat, sugarmommanyc.com

#### 3 NEW OPENINGS YOU NEED TO KNOW



#### Legacy Records

The massive Hudson Yards empire is coming together, with the first of its many restaurants setting a high bar. Legacy Records is a gorgeous retro Mediterranean spot that you'll surely get to know every square inch of thanks to Instagram. Downstairs is a daytime cafe, nighttime restaurant, while the second floor is a stunning '50s-era living room with an industrial edge serving a 300+ wine list and drinks by Jeff Bell (PDT). 517 W. 38th St.

#### Bar Alaska

Drink beneath the Northern Lights at Bar Alaska, a new Lower East Side bar whose color scheme hews to the famous natural light show. The theme continues to the cocktail menu, which includes the Seward Folly (the original name for the land purchase that would become our 49th state) with Lagavulin whiskey, pear compote, vermouth, cherry and smoked bitters, and a menu of bar bites that includes Alaskan king crab tacos. There's also nods to Russia, with a selection of caviars and extensive vodka list. 174 Rivington St.





#### **Bombay Bread Bar**

Like seemingly every other chef in the city, Floyd Cardoz is pivoting to a more casual concept, turning his acclaimed restaurant Paowalla into an Indian bakery called Bombay Bread Bar. The decor by Wes Anderson set designer Kris Moran is worth a trip all on its own, telling a story about the istory and culture of India. The naans and kulchas are just as exciting, served in a range of flavors

and chutneys, accompanied by small and large

plates of traditional Indian fare. 195 Spring St.



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## Family-friendly horror history lesson in Midwood

If running away from an angry mob sounds like something you'd want to do with your kids, there's now an escape room for you.

A company called One Before is building what it bills as familyfriendly attraction with the "aim to get you to experience the fusion of genealogy and an escape room: finding clues and connections to bring out the ultimate detective of Jewish past in you.

Sounds good so far, but then things take a turn. One Before takes the concept of an escape room too literally: The experience hinges on time travel, taking you from from Los Angeles and Ellis Island to 19thcentury Russia, where you'll be tasked with

escaping a pogrom. For those unfamiliar with the ugly history of being Jewish in Russia, pogroms were large, organized mobs that



would torture and kill Jewish people and loot their homes in the 19th century.

"The pogrom is not a central part of the plotline," writes Gamliel Beyderman, a rep for One Before, in an email to Metro. "Early 20thcentury Jewish immigration from the Russian Empire is.'

He goes on to elaborate that the room is about tracing the ancestry of a California family back to the Ukraine. "The violent history that unfolds around these generations is a background of the room, but does not define the main theme.

We're not sure that makes it better.

The location, expected to open in the fall, was first spotted by @samkimsamkim on Twitter, which has since given the company an

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# The contentious bestie relationship on 'Jessica Jones'

Actress Rachael Taylor doesn't care if you like her on Season 2.



If "Parks and Rec" had been a dark, moody drama about superheroes combating the patriarchy, it might look a bit more like Marvel's "Jessica Jones," and you'd recognize an "Ann Perkins vs. Leslie Knope" dynamic between Trish and Jessica. But it wasn't. As such, thankfully, we have another example of nuanced female friendship on the small screen!

The Netflix series has gained lots of acclaim, and now that the second season has hit it's as good a time as ever to jump in. Metro sat down with Australian actress Rachael This season Trish is all in — helping Jessica confront her personal demons and dealing with her own, too. NETFLIX

Taylor (Trish) for her thoughts.

"I don't think we do ourselves any favors by putting this perfect version of best friends on screen," Taylor says. "It's so much more interesting to show a relationship that has a bunch of different, sometimes dark

dynamics going on under the surface.

We're smack-dab in the middle of #MeToo, Time's Up and talking about inclusion riders.

Melissa (Rosenberg, the creator and executive producer of the series) wrote the show two years ago,

so I think it really speaks to the fact that she's able to tap in to what's going on in culture in such a meaningful and relevant way. Jessica Jones has re-

ally always had the kind of backbone of empowerment and bravery for women. Jessica Jones has been crowned the

superhero of the #MeToo movement, and it fits. People often ask me if I was a comic book fan before. And when I was growing up, I didn't have a character like Jessica Jones to watch. I'm incredibly proud to be part of a show that puts a female character front and center who is strong and brave and messy and complicated and wounded and damaged. And angry.

#### Things have certainly improved in terms of exposure, albeit very slowly.

It's important. People need to be able to see themselves represented on screen. Female stories and diversity - it has

to be an inclusive environment because the stories that we all have as humans are so rich and so wonderful. If

stories by, like, dudes, then you're missing out on the wealth of incredible emotion and power and ferocity that female stories can really bring to the screen.

you stick to just telling

#### Female friendships are really complex, and it's so refreshing to see that on screen.

It's one of my favorite parts of the show. In lots of ways, I think it's kind of the heartbeat of "Jessica Jones." It's not this sanitized version of female friendship. It's complicated and it's messy - and there are shades of jealousy and shades of competition that are in a way, very real.

I love that "Jessica Jones" has female characters that are all very different. They're multifaceted, and the show is all about how they occupy space and how they get agency and all the complications that come with that.

#### Trish really wants to be seen as a hero. Where's that coming from? Trish wants to be more than what she is. She hates to be vulnerable. She wants power, she wants to take up more

space in the world.

All 13 episodes of "Jessica Jones," Season 2, are available now on Netflix.

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# Celebrate Pi Day by baking

Time for pi(e). Kate mooney

Pi Day is as much a holiday for the math nerds as it is the baking enthusiasts. What better way to celebrate the ratio of a circle's circumference to its radius by creating your own perfectly round and edible version? Or break the norm and go for a slab instead. Here are a few ideas for yummy pies to bake in honor of 3/14; hell — make 3.14 of them if you want to be super meta, but in that case we'll have to leave the measuring to you.

home



#### The Pi Purist

King Arthur Flour Bakery and Baking School in Norwich, Vermont, has a tutorial on its blog that shows you how to make the Pi symbol and the numbers 3, 1, and 4 out of leftover pie dough to decorate any pie for the holiday. Create a paper template of the Pi symbol and the numbers, trace them onto the pie dough, and then cut. Great job!

Find the recipe at blog.kingarthurflour.com



#### Shepherd's Pie

We're flexing a bit on the circle concept, but in this weather you need comfort food. Shepherd's pie is a top contender for the most feel-good meals ever invented. Meat, mashed potatoes and peas combine into a heaping, hearty dish that's just the dinner you deserve (and leftovers for the next day.) Science-obsessed nerd chef Alton Brown makes the British classic with ground lamb, russet potatoes, corn and

English peas. Yum.
Find the recipe at
foodnetwork.com

#### Pumpkin Pie with Rum Whipped Cream

Who says you have to wait until Thanksgiving for arguably the best of all pies?
This decadent recipe comes to us from Ina Garten, aka Barefoot Contessa, and it's suitable for any occasion, if not the day of Pi. This dessert begins with Garten's perfect pie crust — which combines butter and vegetable shortening. Then it's filled with a mix of pumpkin puree, spices, sugar, eggs and cream. And it's topped with rum, heavy cream and creme fraiche. Ina, thank you.

Find the recipe at barefootcontessa.com



#### Chocolate Pecan Slab Pie

OK, forget everything we said about the perfect harmony of circles in nature — you should actually make a slab pie instead. Smitten Kitchen's Deb Pereleman believes that sometimes eight wedges of pie is not enough, and you need a whole casserole tray of crusty goodness. Her chocolate pecan slab pie, included in her latest cookbook, includes a recipe for a pie that makes 12 to 18 servings. Her secret: Add a little apple cider vinegar to help balance the gooey sweetness.

Find the recipe in her book and at joythebaker.com



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#### Pimento Cheese and Tomato Pie

Channel the balmy south with this recipe for tangy pimento cheese and tomato pie. This divine, quiche-like dish uses a cornmeal crust, tomato slices and a rich filling of blended piquillo peppers, cheddar cheese, sweet onion and heavy cream. What nor'easter?

Find the recipe at foodandwine.com

# Sharing your bed with your dog is ...

Surprisingly good for you! Sorry, haters.



Dog owners get it — letting your dog sleep in your bed with you is one of the joys of cohabiting with a scruffy, cuddly creature.

Enter the crowds of fur-phobics who think that it's not good for your relationship, your health, your sleep — and tell them to hush. Experts say that's only true if you have allergies, and studies have shown that exposure to your dogs' microbiome (the under-the-microscope stuff you don't want to know too much about) is actually good for your immune system.

And now new research puts to rest the notion that Fido could be getting in the way of you stacking Z's.

The New York Times reports on a recent study from the Mayo Clinic, which analyzed the sleep efficiency of 40 dog-and-human duos who regularly slept in the bedroom or bed together. Researchers used wearables to track the sleep quality of the dogs and their owners over seven nights — the humans were given a device called an AntiWatch 2, which

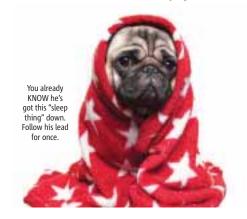
monitors movement and quality of sleep, while the dogs wore a FitBark, which similarly tracks levels of rest and motion. The humans also kept a sleep diary. Of note: The people included in the study did not suffer from sleep disorders. Of additional note: Dogs have wearables? I don't even have a Person FitBit yet!

After seven days of testing, the results showed that both human and beast slept soundly. When the dog was in the bed, its owner had an average sleep efficiency (percentage of time asleep during the night) of 81 percent, while the pups scored a hair higher, at 85 percent.

Eighty percent and above is considered normal.

"This goes against the lore that you should have the dog sleep elsewhere," lead study author Dr. Lois E. Krahn, a psychiatrist and sleep medicine specialist at the Mayo Clinic's Center for Sleep Medicine, told the Times.

OK, so the people who slept in the same room but not the same bed did sleep a tad more restfully—at an 83 percent sleep efficiency. But still. As long as you can gaze on that oh-so-solidly sleeping bundle of love and loyalty from your own pillow, you may not need an Oxy again!







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# Teddy Bridgewater finalizing Jets deal after Cousins joins Minnesota

The Jets look as though they've found a new man under center while bringing Josh Mc-Cown back into the fold.



JOE PANTORNO joseph.pantorno@metro.u

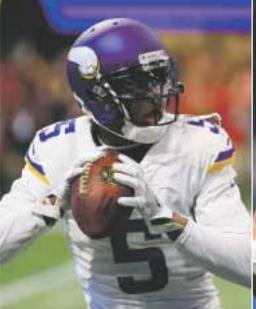
A day before the NFL's free-agency period officially began, the quarterback market was throttled into action.

As of Tuesday evening, the New York Jets were finalizing a deal with quarterback Teddy Bridgwater, as first reported by CBS Sports' Bryant McFadden.

It came hours after top free agent quarterback Kirk Cousins chose to join Bridgwater's former team, the Minnesota Vikings on a three-year deal worth \$86 million, per NFL Network's Ian Rapoport.

It's not as much as what the Jets could have offered Cousins. With an estimated \$100 million in cap space this offseason, the Jets were willing to give Cousins a contract in which he would be given \$60 million in his first year alone. That shatters the average annual value of \$28.7 million the Vikings are offering.

But Minnesota has much more to offer in terms of its on-field prod-





Kirk Cousins (right) will likely sign with the Vikings on Thursday, making Teddy Bridgewater (left) the new favorite target for the Jets in free agency. GETTY IMAGES

ıct.

The Vikings are coming off an NFC Championship Game appearance with perennial backup Case Keenum, who will sign with the Denver Broncos, as its starting quarterback after injuries sidelined Sam Bradford (who is signing with the Arizona Cardinals) and Bridgewater.

Holding the league's top defense ensured that an abundance of pressure was not put on the Vikings offense, though it holds explosive threats in wide receivers Adam

Theilen and Stefon Diggs along with young running back Dalvin Cook, whose sterling rookie campaign was cut short due to injury.

It's head and shoulders above what the Jets have to offer as a rebuilding team that hasn't had a franchise quarterback since Joe Namath is just starting to piece together some promising assets after a surprisingly good 5-11 season.

"Surprisingly good" and "5-11" should rarely be in a sentence, but given the talent the Jets rolled

out on the field in 2017, head coach Todd Bowles worked miracles with journeyman quarterback Josh McCown, a rag-tag running-back corps and no-name wide receivers.

The Jets have money to acquire some big-time upgrades on offense to coax Cousins to the Meadowlands. But the prospective "what if's" of a franchise that has been stuck in neutral for the past 49 years is just not that attractive.

Enter Bridgewater.

A dislocated knee that almost led to the amputa-

tion of the quarterback's leg kept Bridgewater on the sidelines for much of the past two years as he's appeared in just one game since the end of the

2015 season.

That 2015 season was considered to be his coming out party as he passed for 3,231 yards with 14 touchdowns and nine interceptions while going 11-5 as the Vikings starter. The performance earned him his first-ever Pro Bowl selection with the feeling that he would be the team's quarterback of the future.

Instead, Bridgewater could only sit on the sidelines in 2017 as Keenum led the Vikings to one game away from Super Bowl LII.

There is likely to be plenty of rust in Bridge-water's game should he be given the keys to the Jets offense in 2018 and McCown looks to be the short-term back-up option as the team will bring him back on a one-year deal.

At 38 years old, McCown put together a career season with the Jets, completing 67.3 percent of his passes for 2,926 yards, 18 touchdowns and nine interceptions in that no-talent offense.

So if Bridgewater were to struggle or if he encountered injury issues once again, there would be confidence that Mc-Cown could step in and produce.

Granted, a combination of Bridgewater and McCown could be a temporary solution for the Jets, who could possibly draft a highly-touted quarterback with the No. 6 pick of this year's draft.

With an abundance of promising arms slated to go in the first round in the form of USC's Sam Darnold, UCLA's Josh Rosen, Wyoming's Josh Allen, Oklahoma's Baker Mayfield and Louisville's Lamar Jackson, the Jets will likely be able to select a passer with their top-10 pick.

## Namath: 'I'd drive to Philadelphia' to bring Nick Foles to Jets

Kirk Cousins is not heading to New York, but Teddy Bridgewater looks like he will be.

But the greatest quarterback in Jets history wanted the team to go after another signal caller. And Joe Namath said he would drive the quarterback to Florham Park himself if the deal were to happen.

Namath is all-in on the idea of the Jets going after Nick Foles, potentially sending multiple draft picks to the Philadelphia Eagles to do so. The Super Bowl MVP might be on

the market, with reports indicating that the Eagles would be willing to trade Foles given that Carson Wentz will be the starter in 2018.

With the Jets losing Cousins to the Minnesota Vikings and Case Keenum to the Denver Broncos, the top two free agents available at quarterback were gone, leading to he pursuit of Bridgewater.

But Foles, fresh off a playoff run with the Eagles, might have been available if the Jets were to offer a package deal of picks.

A package that might have made sense, given that the Jets hold two picks in the second round

"I'd drive to Philadelphia myself if I thought Nick Foles could come to the Jets," Namath told Metro. "I would be thrilled if the Jets were able to get Foles. To come back and play the way that he did, that was wonderful. I know Wentz is the starter in Philadelphia and they are pretty fortunate to have him. It will be interesting to see

what they want to do."

Namath said he thinks "Jets fans will be thrilled" if they landed Foles. He noted that the other remaining names in free agency all have question marks.

Bridgewater has had knee issues according to

With those two picks in the second round, the Jets could have potentially made a package that would have enticed the Eagles to move their backup quarterback to the Jets. The Jets then would have the cap space



Jets legend Joe Namath wants Nick Foles as Gang Green's next QB. GETTY IMAGES

to sign Foles to a longterm deal.

"You want him on your side, I want him on our side," Namath said. "I hope he is available. That would be someone certainly that the Jets could look to and certainly would have the finances to get him a better deal than he would in Philadelphia if they traded for him." KRSINAN DYER

# Giants lose Norwell, Quenton Nelson next?

One of New York's top free-agent targets tends to sign with Jacksonville.



New York Giants general manager Dave Gettle-man must make it a priority to improve his new team's dreadful offensive line this offseason.

With free agency officially beginning on Wednesday, he already had a top target in guard Andrew Norwell, was signed as an undrafted free agent by Gettleman in 2014.

Last week, it was reported that Norwell to the Giants was a "done deal," per Tony Pauline of DraftAnalyst.com. Though a signing could not officially be made until Mar. 14.

But with the countdown on, ESPN's Jordan Raanan indicated on Monday that Norwell was the team's "focus" and that the Giants were "optimistic" that they would be able to sign

The 26-year-old would have provided a sizeable boost to the Giants line as he's coming off 2017 first-team All-Pro honors. He also received a grade



Could the Giants use the No. 2 pick on Notre Dame offensive lineman Quenton Nelson? DYLAN BUELL/GETTY IMAGE

of 88.8 by Pro Football Focus, putting him in the "high quality" designation among his NFL peers.

It looks as though the Giants are going to lose out on Norwell though as ESPN's Adam Schefter reported that Norwell "intends" to sign a five-year, \$66.5 million deal with the Jacksonville Jaguars, making him the highest-paid offensive lineman in the league.

With Norwell seem-

ingly out of the picture, it could mean that Gettleman and the Giants address their offensive lineman needs in this year's draft.

Holding the No. 2 pick, the team was very high on Penn State running back Saquon Barkley, but the Cleveland Browns' trade for quarterback Tyrod Taylor gives them the opportunity to nab rusher with the No. 1 pick.

New York could go with a quarterback in the form of Sam Darnold, Josh Allen, Baker Mayfield or Josh Rosen, but with Eli Manning slated to be the starter in 2018 and Davis Webb still possibly being considered the heir apparent, the Giants might not feel the need to take a passer.

That would leave them the chance to draft the best offensive lineman available in Notre Dame's Quenton Nelson, who is a top-five talent in this year's draft class.

The guard stands at 6-foot-5 and 329 pounds and is capable of using every ounce of his massive frame. He can move mountains with his strength as shown at the NFL Combine when he put up 35 reps on the 225-pound bench press. But he also has quick feet and impressive balance, which makes him as close to a complete package as one can find in a young offensive line-

It is all but a lock that Nelson will be available at No. 2. So it might just come down to Gettleman's results in free agency or if any tempting trade offers for that No. 2 pick comes his way.





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#### Mets' Wright shut down for another 2 months

New York Mets third baseman and captain David Wright's comeback to baseball took another wrong turn on Tuesday.

According to MLB. com's Anthony DiComo, Wright was examined by Dr. Robert Watkins and it was determined that his lower back and shoulder injuries are continuing to cause issues. He will not be able to partake in any baseball activities for another two months.

Wright has been plagued by injuries for the past three years, appearing in just 75 games from 2015-2016.

After a hamstring injury in April of 2015,

Wright was diagnosed with spinal stenosis the following month, holding him out for three months before returning to the team and helping them in their famous run to the 2015 National League pennant.

The following year, Wright announced that he had a herniated disk in his neck before undergoing back surgery in June of 2016, ending his season. It looked as though he would be ready for the 2017 season, but a shoulder injury kept him away until August when he attempted to rehab in the



David Wright has not appeared in an MLB game since May 2016. GETTY IMAGES

After just 10 at-bats, he terminated his rehab and underwent a pair of surgeries, one on his shoulder, one on his back in a month span from September-to-October.

The frustration continues for Wright, one of the faces of the Mets

franchise who turned 35 in December. He is signed through the 2020 season and given his loyalty to the club since his MLB debut in 2004, it looks as though his place will be always be saved by the organization.

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at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, being in the First Ward of the Borough of Queens, IN COURTROOM #25. On March 23, 2018 at 10:00 am. Premises County of Queens. City and State of New York. Said known as 94-22 110TH STREET, premises known as 50-11 RICHMOND HILL NY 11419 39th Place, Sunnyside, N.Y. 11104. (Block: 209, Lot: 31) Block: 09393 Lot: 0016 ALL that certain plot, piece or Approximate amount of lien parcel of land with the buildings \$131,627.31 plus interest and costs. Premises will be sold and improvements thereon erected situate. Iving and being in the subject to provisions of filed judgment and terms of sale Borough of Queens, County of Index No. 705192/2014 Queens, City and State of New York. Gregory M. LaSpina, Esq., Referee Fein Such & Crane, LLP As more particularly described in the judgment of foreclosure and Attorneys for Plaintiff sale. Sold subject to all of the terms 28 East Main Street, Suite 1800 Rochester, New York 14514 and conditions contained in said judgment and terms of sale. (585) 232-7400

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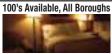
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- 44 -- Paulo, Brazil
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- 49 Yvette's date

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- 54 Giza's river
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- 56 Rich pastry
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- 63 Have stamina
- 64 Orders at a restaurant
- 65 Ump's call

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16 15 9 Baldwin of films 10 Horizons 18 19 11 Patrick or Ryan 12 Jackpot game 13 Play awards 21 Dairy product 25 22 Seizes the throne 23 Brazilian dance 24 Video game pioneer 25 Happen again 29 Coal and kerosene 32 33 35 36 30 BYU locale 32 Snug-fitting necklace 39 33 Reach 34 Main artery 40 42 35 Ceremonies 36 Succumbed to Mr. Sandman 43 45 38 Briefest 44 Processes ore 50 45 Goods provider 46 Newspaper edition 47 True inner self 53 49 Fridge maker 55 56 50 Marina sight 52 Yikes! (hyph.) 61 62

64

#### 59 Cereal grain metro.us/horoscopes

#### 3 5 4 9 6 3 6 7 5 1 2 6 7 9 3 6 7 4 1 6 2 4 7 7 3 9 1 3

metro.us/sudoku

#### hard 8 6 3 9 2 7 4 7 1 9 8 2 6 4 1 8 3 4 3 1 2 5 7 9

Aries Put greater emphasis on your relationships and how much each one costs you mentally, emotionally and financially. It's time to rethink what you give and what you get.



48 Cays

53 Thomas Hardy heroine

57 "Exodus" name

58 Tick off

easy

Taurus Steer clear of people who tend to overreact or someone trying to goad you into an argument or a dicey situation. You need to focus on getting things done.

**Gemini** A change of position or friendships

is encouraged. Consider what you have been

doing, what you want to do and with whom

you want to do it, and make changes.



Cancer You'll be forced to make a change to accommodate someone. Don't put up a fuss; just take care of whatever responsibility you are given so you can get to what's important.

Leo A change to the way you do your job or

get along with a partner will make a differ-

ence to the outcome of a project or joint ven-

ture. Transparency will help keep the peace.



Virgo You may not approve of a change someone makes, but showing support and voicing your concerns will have a greater influence than mere disapproval.

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Libra A change of plans will add to an adventurous day. Taking short trips or doing things with a friend, colleague, a loved one or children will result in positive change.

65



Scorpio Situations will get out of hand if you let your emotions take control and allow a fight to break out. Take a positive approach when dealing with others.



Sagittarius Some of your old ideas will work well now. Changes to your home, lifestyle or living situation will encourage greater stability and financial security.



Capricorn Share your ideas and press forward to bring about positive change. Look inward to find out exactly what you need to do to make life-changing improvements.



Aquarius Instead of adding to what you have, consider heading in a minimalistic direction. The less you have to account for, the more free time you will have to enjoy.



Pisces Know your attributes and limitations, and set out in search of the unknown and unexpected. Live your dream and put your creative imagination to work. EUGENIA LAST

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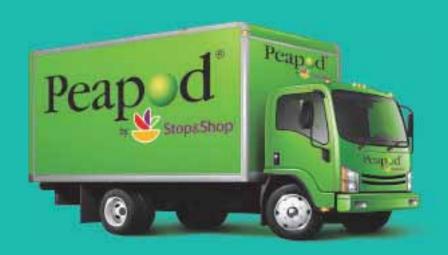




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